



Coconut custards with strawberries & lime



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



427 kcal

DESSERT

Ingredients

- ☐ 150 ml custard sauce
- ☐ 100 g creamed coconut
- ☐ 500 g strawberries
- ☐ 1 tsp juice of lime
- ☐ 85 g powdered sugar
- ☐ 250 g mascarpone cheese
- ☐ 2 lime zest finely grated

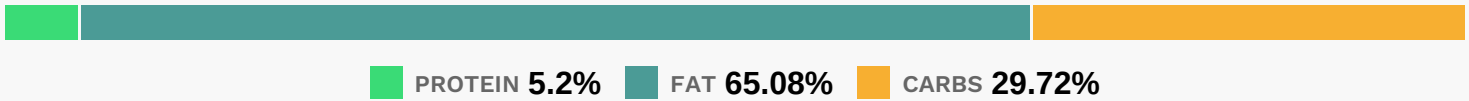
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour the custard into a small, heavy-based pan and grate in the creamed coconut.
- ☐ Heat gently until the coconut dissolves, then remove from the heat and leave to cool.
- ☐ Hull and halve two-thirds of the strawberries and put to one side. Blitz the rest with the lime juice and 2 tbsp of the icing sugar.
- ☐ Tip the mascarpone into a large bowl and beat in the cooled coconut custard.
- ☐ Add half of the lime zest and the remaining icing sugar and mix well until smooth.
- ☐ Take 6 large wine glasses or tumblers and spoon a little of the custard mixture into each. Follow with a layer of strawberry halves, cut faces to the outside of the glass.
- ☐ Pour over some strawberry sauce and then finish with another layer of custard. Chill in the fridge for at least 1 hour and top with the remaining lime zest before serving.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:4.36, Inflammation Score:-6, Nutrition Score:10.072174124096%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.71mg, Pelargonidin: 20.71mg, Pelargonidin: 20.71mg, Pelargonidin: 20.71mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 426.54kcal (21.33%), Fat: 31.75g (48.85%), Saturated Fat: 22.5g (140.62%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 30.32g (11.03%), Sugar: 19.76g (21.95%), Cholesterol: 56.86mg (18.95%), Sodium: 55.69mg (2.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin C: 56.03mg (67.91%), Manganese: 0.79mg (39.5%), Vitamin A: 659.15IU (13.18%), Calcium: 125.05mg (12.5%), Copper: 0.2mg (9.96%), Phosphorus: 97.71mg (9.77%), Fiber: 2.3g (9.18%), Potassium: 305.05mg (8.72%), Magnesium: 32.34mg (8.09%), Folate: 26.05µg (6.51%), Iron: 1.15mg (6.37%), Vitamin B2: 0.11mg (6.35%), Vitamin B6: 0.12mg (5.94%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.64mg (4.24%), Vitamin B1: 0.06mg (3.68%), Selenium: 2.3µg (3.28%), Vitamin B12: 0.16µg (2.58%), Vitamin B3: 0.51mg (2.54%), Vitamin D: 0.36µg (2.38%), Vitamin E: 0.31mg (2.07%), Vitamin K: 2.03µg (1.94%)